

Do You Know the Smile of an Ex-Smoker?

**Quitting is not easy, but
if you're ready the
NYS SMOKERS'
QUITLINE can help!**

Just about everywhere you go you see people who quit using tobacco for good. In fact, there are over **17,000** ex-smokers in Tompkins County alone according to a recent survey.*

Studies show that telephone quitlines are effective for smokers who want to quit. And quitlines are recommended by U.S. public health services as a way to help smokers quit.

Call the NYS Smokers' Quitline toll free

1-866-NY-QUITS

(1-866-697-8487)

Or visit www.nysmokefree.com

**Call today and soon you can see
the smile of an ex-smoker.**

FREE NRT

from the NYS Smokers' QUITLINE

**Call today to find out if you
are eligible for
free nicotine patches***

*2-week starter supply. Nicotine medications do not cause cancer and are not addictive. They are designed to ease you off of smoking.

Tobacco Free Tompkins
www.tompkins-co.org/wellness

T-Free

*Survey results from June 2004 Tompkins County Tobacco Use Survey conducted for Tobacco Free Tompkins.